

LONG WEEKEND DROP-IN FITNESS

April Long Weekend
April 19 – 22, 2019

FRIDAY, APRIL 19

SATURDAY, APRIL 20

SUNDAY, APRIL 21

MONDAY, APRIL 22

POIRIER SPORT & LEISURE COMPLEX

<p>Cycle Fit 9:30 – 10:15 a.m.</p> <hr/> <p>Hatha Yoga 10:45 a.m. – 12 p.m.</p>	<p>Cycle Fit 9 – 9:45 a.m.</p> <hr/> <p>Low Impact 9:30 – 10:30 a.m.</p> <hr/> <p>POUND 10:45-11:45 a.m.</p> <hr/> <p>Zumba 12 – 1 p.m.</p> <hr/> <p>Hatha Yoga 1:15 – 2:15 p.m.</p>	<p>Beginner Cycle 8:45 – 9:30 a.m.</p> <hr/> <p>Family Yoga 3 – 4 p.m.</p> <hr/> <p>Hatha Yoga 4 – 5:30 p.m.</p>	<p>Cycle Fit 9:30 – 10:30 a.m.</p> <hr/> <p>Step 9:30 – 10:30 a.m.</p> <hr/> <p>Zumba 10:45 – 11:45 a.m.</p>
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CITY CENTRE AQUATIC COMPLEX

<p>Women's Only Time 8 – 10 a.m.</p> <hr/> <p>Zumba Boot Camp 9 – 10 a.m.</p>	<p>NO CLASSES</p>	<p>NO CLASSES</p>	<p>Women's Only Time 8 – 10 a.m.</p> <hr/> <p>Yoga Fusion 8:15 – 9:15 p.m.</p>
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DOGWOOD PAVILION

<p>NO CLASSES</p>	<p>NO CLASSES</p>	<p>NO CLASSES</p>	<p>NO CLASSES</p>
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GLEN PINE PAVILION

<p>NO CLASSES</p>	<p>NO CLASSES</p>	<p>NO CLASSES</p>	<p>NO CLASSES</p>
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PINETREE COMMUNITY CENTRE

<p>NO CLASSES</p>	<p>Cycle and Sculpt 9:15 – 10:15 a.m.</p>	<p>Zumba 10 – 11 a.m.</p>	<p>NO CLASSES</p>
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SMILING CREEK ACTIVITY CENTRE

<p>NO CLASSES</p>	<p>NO CLASSES</p>	<p>NO CLASSES</p>	<p>NO CLASSES</p>
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SUMMIT COMMUNITY CENTRE / VICTORIA COMMUNITY HALL

<p>NO CLASSES</p>	<p>NO CLASSES</p>	<p>NO CLASSES</p>	<p>NO CLASSES</p>
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Last updated April 3, 2019

NOTE: Schedule subject to change without notice. Contact the facility for a confirmed schedule. Look for revised stat holiday schedules at each facility. Drop-in Fitness Class Cards are available for pick up 30 minutes prior to fitness classes. Classes are open to those 13 yrs and up, unless otherwise noted. Teens (13 – 15 yrs) MUST take the Youth Fitness Orientation to work out in the fitness centre or attend drop-in classes. Please preregister in person, online or over the phone. Cost \$2.00. Find details at coquitlam.ca/fitness.